

What is claimed is:

[Claim 1] I claim:

A bicycle mounting apparatus comprising:

- (a) A belt device that fits around the lower torso of a rider;
- (b) A projecting section connected to said belt device, and said projecting section being constructed to come in contact with and be supported by means of an adapted bicycle.

[Claim 2] The bicycle mounting apparatus set fourth in claim 1 wherein said belt device has buttock straps connected to the rear and said buttocks straps are connected to a left and right leg loop.

[Claim 3] A bicycle mounting apparatus comprising:

- (a) A harness device that is worn by a rider;
- (b) A projecting section connected to said harness device, and said projecting section being constructed to come in contact with and be supported by means of an adapted bicycle.

[Claim 4] A bicycle mounting apparatus comprising:

- (a) Trousers that are adapted for comfort and worn by a rider;
- (b) A projecting section connected to said trousers, and said projecting section being constructed to come in contact with and be supported by means of an adapted bicycle.

[Claim 5] A method for mounting a bicycle, comprising:

- (a) A harness device that is adapted to support the body's weight;

(b) A projecting section connected to said harness device, and said projecting section being constructed to come in contact with and be supported by means of an adapted bicycle.

[Claim 6] A method for mounting a bicycle, comprising:

- (a) A belt device adapted to support the bodies weight and is worn around the lower torso;
- (b) A projecting section connected to said belt device, and said projecting section being constructed to come in contact with and be supported by means of an adapted bicycle.